

HeartCycle Bicycle Touring Club

Our Nation's Capitol - Washington DC & Northern VA

Dates: Orientation April 14, 2023, Ride April 15-April 21, 2023
Departure April 22, 2023

Leaders: Jim Schroeder & Kurt Arehart

SAGs: Martha MacCormack & Danna Korak

Rating: Intermediate

Riders: 30 max

Price: \$1,900 (Double occupancy) Single Supplement \$2,850,
Deposit: \$450, balance due by January 13, 2023

Cancellation: [Standard Cancellation policy](#). Trip insurance is advised.

Bike Transportation: None, the club Sprinter will not be used on this tour.

OVERVIEW

This tour offers a wide variety of daily experiences, cycling surfaces, terrains and vistas, from soaring monuments to historic settings to deeply rural roads. Many times you will find yourself in the middle of nowhere, yet still hear the hum of the nearby interstates. Adventure, yet within the HeartCycle embrace. Included are smooth paved roads, recently paved greenway trails, very old paved trails with root heaves a-plenty, and several miles of gravel roads. And lots of wooden bridges that can have rough transitions and bumpy surfaces. Because of all this, we strongly recommend tough, capable tires no less than 32mm in width. This means a gravel or touring bike is needed. Completing this tour on a road bike with 23mm tires at 100 psi would be miserable and dangerous. That said, what an amazing experience this will be!

First of all, let me introduce you to our host, Alexandria Old Town. Picture yourselves as young Martha and George Washington in this bustling trading town at the mouth of the Potomac in the 18th century. Our hotel, Hampton Inn Old Town King St, for the next four nights will present you with a multitude of opportunities of evening nourishment along with two fine bike shops nearby. We will have our group dinner - orientation at 7pm at nearby Theismann's, with pigskin decor.

ITINERARY



Day 1 Browse the major memorials scattered around DC and west into Arlington. You'd wear out a pair of walking shoes visiting all these memorials on foot. Better by bike!

39 miles, 1,202 ft.



Day 2 Today the route uses the extensive bike path infrastructure to make a big loop around DC, crossing the Potomac River east from our Alexandria hotel, then north along the Anacostia River up above Silver Spring, MD before curling west and then south down the iconic Rock Creek Trail. We climb west for a visit to the National Cathedral then return to the trail to continue south back down to Alexandria.

55 miles, 2,288 ft.



Day 3 Rest Day. The Metro subway system is accessed a short walk from our hotel, making for convenient visits to DC museums and any memorials that call out to you. No supported riding.



Day 4 We will leave historic Old Alexandria and ride the smoothly paved Washington & Old Dominion (W&OD) trail through many towns, large and small, on our way to Leesburg, VA. *39 miles, 1,598 ft.*



Day 5 A properly rural route with a loop to the north that features 5 miles of gravel road with significant climbs and descents. We recommend 32mm+ tires . Lots of gorgeous farmland vistas today! An alternate route with minimal gravel but some highway traffic is available. *44 miles, 2,541 ft.*



Day 6 Time to relocate, riding down to Manassas, VA. We'll roll through some beautiful towns on lovely roads, and then notice an uptick in car traffic when nearing our Manassas hotel. Good to charge up your front and rear flashers for this one! *54 miles, 3,274 ft.*

Day 7 We return to our original Old Alexandria hotel by way of George Washington's Mount Vernon, where we'll have an afternoon water stop. If you wish to buy a ticket, go in and have a look. Only 10 miles left, so why not?

57 miles, 2,499 ft.



Enjoy a celebration night in Old Alexandria before departing the next morning.

Collectively, an experience sure to deepen your feeling for our nation's capital and the fine farmland and horse country in adjacent Virginia. Join us!

Special notes: Wider tires - 32mm recommended for one stretch of gravel, lots of miles on mostly paved bike trails but the Washington Mall is compacted pea gravel. Bring a lock for your bike.

For more information contact:

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